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# INPORTNEWS

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## ■ PLANNING

### Province appeals Niagara's growth plan

MATTHEW VAN DONGEN  
 Sun Media

THOROLD — Niagara has growing pains. The region's new growth plan faces five Ontario Municipal Board challenges, including one from the province.

see REGION | Page 2

## ■ NICKEL BEACH: Wet and wonderful way to beat the heat



Alicia Horne of Port Colborne misses the football while playing at Nickel Beach last week. She enjoyed an afternoon in the sun with her mother and grandmother.

KAESHA FORAND Staff Photo

## ■ NUTRITION AWARENESS

### It's a fresh approach to eating

KAESHA FORAND  
 InPort News Staff

PORT COLBORNE — The boxes are in and the produce is fresh. The Good Food Box program officially kicked off on Aug. 13 with 47 boxes of fresh produce delivered to host sites for clients along Lake Erie.

Each box contains three fruits and eight different vegetables which change with the season. A small box is \$15 and serves one to two people, a larger box is \$20 and serves three to four. The south Niagara program is available for those who live in Fort Erie, Stevensville, Ridgeway, Crystal Beach, Sherkston, Gasline, Port Colborne and Wainfleet.

see FOOD | Page 2

See Inside: **PURO'S INSERTS**  
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# upfront

## FOOD

### Boxes packed with recipes

FROM PAGE 1

Funded through the region's Niagara Prosperity Initiative, the Good Food Box is a non-profit fresh food distribution system which provides monthly produce at wholesale cost. The box also comes with a newsletter which provides the following month's deadlines and delivery dates, updates and recipes specific to the boxes contents. This month's recipes: a peach smoothie, peach salsa and sweet corn chili con carne.

Produce in last week's box was picked fresh from a Ridgeway farm and purchased from Lococo's and included potatoes, corn, tomatoes, cucumber, romaine lettuce, carrots, peaches, broccoli, cauliflower, apples and bananas.

"It's geared to promote healthy eating," said Roxanne Russell of the Bridges Community Health Centre's Good Food Box program, noting the program is ideal for low-income families who might not always have money to purchase fresh produce.

Reach Out Centre manager Mary Anne Feagan said Port Cares was "happy to be a host site on the east side of Port Colborne."

"It's a way for folks to get fresh fruits and vegetables."

She said the healthy food initiative also ties in "wonderfully with our efforts to promote healthy eating."



KAESHA FORAND Staff Photo

Roxanne Russell, left, of the Bridges Community Health Centre's Good Food Box program gives, Port Colborne's first food box to Ashlea Brockway and her son William at the Port Cares Reach Out Centre.

With clients saving money on their food purchases, she said it's also a positive way to help the community.

Port Erie host sites include Bridges Community Health Centre at 1485 Garrison Rd. and Salvation Army at 255 Gilmore Rd. In Port Colborne, host sites, which accept the monthly orders the first three days of the month and are a pickup location the third Thursday of the month, are the Salvation Army, 50 Clarence St. and

Port Cares Reach Out Centre at 61 Nickel St.

Although the food comes in a Good Food Box, those who participate in the program must bring their own bags to carry the produce home.

The program relies heavily on volunteers. To volunteer for the program or for more information, contact 905-871-7621 ext. 2242.

Money for September's box is due by Sept. 3 and the pickup is Sept. 17.

## REGION

### Population projections criticized as inflated

FROM PAGE 1

The plan approved in February includes housing intensification and an urban boundary freeze with the goal of complying with Ontario's Places to Grow legislation, which seeks to curb urban sprawl.

But after much debate, regional council also promised to study possible exceptions to the boundary freeze and endorsed predictions that Niagara will grow by about 118,000 people by 2031, numbers disputed by provincial planners.

Those moves prompted the Ministry of Municipal Affairs and Housing to appeal the plan to the OMB, a quasi-judicial tribunal that rules on municipal planning matters.

Regional staff are talking with the province in an effort to avoid a hearing, Patrick Robson, commissioner of integrated community planning, said.

"We think we're 95% in compliance with what (provincial officials) want."

The disagreement is partly a numbers game. Robson said the province's growth estimates for Niagara

are based on population trends since the 2001 census, while regional planners relied on 2006 data to make their predictions.

Ministry officials didn't return phone calls before press time.

The Niagara Parks Commission, the Township of West Lincoln, two groups of developers and the Preservation of Agricultural Lands Society (PALS) have also appealed the plan.

John Bacher, a researcher with PALS, said the region has essentially "diluted" its urban boundary freeze by agreeing to consider exceptions. Bacher also said PALS feels the region's population estimates are inflated to help municipalities make a case for growing beyond their boundaries.

The same argument is made in a new report from the Ontario Greenbelt Alliance titled *Places to Sprawl*.

The advocacy group argues several regional municipalities, including Niagara, are flouting the province's sustainable growth policies by passing amendments that don't rein in development.

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# portraits



Recovering from a hit and getting up quickly is important. To improve their speed, players slid under an obstacle at a hockey skills camp.



Balance is tested by jumping over a stick sitting atop of cones.

## Hockey heats up

**PORT COLBORNE** — Last week Westside Arena was the coolest place to be, both to get away from the heat and to get a head start on the upcoming hockey season.

About 40 boys and girls between the ages of six and 14 laced up their skates and found their sticks to take advantage of a skills camp offered by the Port Colborne Pirates, the city's junior B hockey team.

Overseeing this class of budding Belliveaus and wannabe Wayne Gretzkys was the Pirates coaching staff led by head coach Keith Osborne, who saw action with the St. Louis Blues and Tampa Bay Lightning during a 13-year pro hockey career.

Skills taught at the daily on-ice sessions ranged from agility training and stick-handling to speed skating and balance.

Staff Photos by Kaesha Forand



Port Colborne Pirates head coach Keith Osborne watches as participants skate laps around the rink at Westside Arena at the junior B hockey team's skills development camp.

# INPORT NEWS

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inport@wellandtribune.ca

Ken Koyama, publisher, general manager  
Kaesha Forand, InPort News senior reporter

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## ourview

There's lots of public discussion taking place about Port Colborne's proposed Health and Wellness Centre.

Issues like this can divide a community. Many with young families are in support of the change. It means easier access to their children's hockey tournaments with two rinks in one location.

It could facilitate tournaments and draw more teams to Port Colborne. A larger pool would be beneficial to the Special Olympics teams who must travel to Brock University to practice in a larger pool because the Centennial Pool isn't long enough.

There are also those who believe the facilities look fine and don't need improvements.

With a large project like this, there are bound to be some for and against, however, that's why council was elected – to be a voice for Port Colborne's 18,000 residents.

Problem is, some speculate without knowing the facts, or don't want to pay now for future generations.

Some may have the "I won't benefit from it so I don't want it" mentality.

We've received numerous letters to the editor, both for and against the project, but some had to be changed because the information they provided wasn't accurate.

In 2005 cost estimates to repair the Westside Arena, Centennial Pool and the Teeder Kennedy Youth Arena were \$13.8 million. That number has increased to \$15.5 million since 2005.

Council has already learned the hard way that the longer you wait to build, the more expensive the final bill will be.

And according to a May 2008 report by city staff on fixing existing facilities: "This estimate will bring the facilities up to today's standards and codes but does not include short or long term updates/upgrades to the buildings themselves."

Many have said the pool was fine for their children and it should be fine for future generations. Since its construction more than 40 years ago, the pool has seen its fair share of lessons, swimming competitions, dives off the diving board and cannon balls.

Planning for the future not only means investing for future generations, odds are that this new facility would take advantage of all the newest technology and be much more energy efficient than the city's three current facilities.

Facilities deteriorate over the years and may be suffering from more problems than the public might know of.

So, the question remains: Do we want to put a pile of money into aging facilities to bring them up to par for a short period of time, or invest that money into a new facility that can accommodate more tournaments, swimming competitions and that will promote a healthy lifestyle?

Council has it right. Members don't want to build something the city's residents can't afford, however, a new facility is a must.

## ■ CONSERVATION CLUB DRAW: Howe is that for luck!



Submitted Photo

Doug Howe, centre, from St. Williams was the big motor winner of the Port Colborne and District Conservation Club's draw. He received his motor last week from Port Colborne Marine sales representative Dan Smith, left, and Alfred Marinelli, Conservation Club treasurer. The winning ticket was 2594 and was sold outside Erie Crocker Outfitters.

## ■ readers'views

# Big thanks from bocce club for treating Special Olympics

The Port Colborne Bocce Club would like to extend our deepest gratitude to the following sponsors for their generosity and precious time dedicated to our annual Ontario Special Olympics of Port Colborne fundraising tournament held Aug. 8.

Without them, we could not have achieved another successful event: Oskam Fabricators, Dr. J. Cousineau, Port Colborne Optimist Club, Boggio Pharmacy, Port Colborne Lionsess Club, Armstrong Funeral Home, Royal Canadian Legion, Canadian Corps, City of Port Colborne, Malcolm Allen, Badaway Marine, Peter Kormos, John

Maloney, Meridian Credit Union, Stitches by Aunt Jackie and Buckner's Source for Sports.

Also, we would like to graciously thank our kitchen staff Maria Quic and Mafalda Chiavetti for volunteering their time in preparing the fantastic meal. A big thanks to all our yearly volunteers as well.

Above all we would like to thank our co-ordinator Mike Iannandrea for all his time and efforts to make this event possible every year after year.

Inno Stocco and the Port Colborne Bocce Club executive and members

# A grateful thank you from families

As Nick Dobrin watches down from above, I'm sure he knows how much he's loved. Our angel and shining star, we miss and love you with all our hearts.

To all of those who baked, donated prizes, helped set up and clean up, face painted, organized volleyball, tug of war, children's area, brought stock

cars, sold tickets, worked at tables, barbecued, played bagpipes and sang and those who gave their time and selves and came to support us at Nicholas Dobrin's Memorial Day in the Park to celebrate his life, a big hug and thank you.

see MEMORIAL | Page 5

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## ■ I'VE BEEN THINKING

# People must have freedom of conscience

FATHER DAVID GRAHAM SCOTT  
St. Ignatius of Antioch Orthodox Mission

The first fundamental freedom in the Charter of Rights and Freedoms is freedom of conscience and religion. Yet this fundamental freedom has been under attack in Canada, the United States and other democracies.

Spain's socialist Justice Minister, Francisco Caamaño ad on Aug. 13 that when it comes to abortion, "there is no room for conscientious objection."

The Bush regulations protecting health workers' conscience rights are targeted by the Obama administration for rescinding. And every announcement of the Obama healthcare reform to protect the consciences of medical providers has been rejected by congress.

The Ontario Human Rights Commission colluded with the Ontario College of Physicians and Surgeons to deem conscientious objection unprofessional conduct liable to charges of professional misconduct by the college and discrimination by the commission.

The original wording was slightly amended due to criticisms by thousands, including the Ontario Medical Association. But the policy continues to assert that physicians may in some circumstances be obliged to help patients make arrangements for morally controversial procedures. And it continues to link this obligation to the possibility of prosecution for professional misconduct.

Then there is the Christian Horizons ultimatum from the Ontario Human Rights Commission to end requiring employees to sign a morality pledge and to undergo a "human rights training program," which is euphemism for commission-approved indoctrination to re-educate unacceptable beliefs out of employees' minds.

Some argue that, since Christian Horizons is the \$75 million contractor for the Ontario Government, running 180 group homes for 1,400 developmentally disabled residents, Ontario can call the shots.

With regard to conditions for the residents, that makes sense, but the government must be basically for the benefit of those residents, and it is the Christian ethos of the contractor that makes Christian Horizons such a good caregiver.

## ■ SCOTT

# State shouldn't impose morality

FROM PAGE 4

But the commission's requirement for re-education along secular, not Christian, lines, makes the fundamental freedom of conscience and religion a dead letter.

A certain government official once found that Catholic doctors were refusing to perform abortions, which

were legal.

He said, "After all, these scruples are in most cases nothing but ridiculous prejudices."

The official was a Nazi bureaucrat annoyed with Italian doctors. Fascism was perhaps best defined by Benito Mussolini, the Nazi ally: "Everything within the state; nothing

outside the state; nothing against the state."

This is where Canada is headed as it seeks to impose secular morality on Christian doctors, nurses and pharmacists and on Christian organizations, despite the Charter's fundamental freedom of conscience and religion.

## ■ MEMORIAL

## Donations to scholarship fund encouraged

FROM PAGE 4

Without all of you, it wouldn't have been the success it was.

Also, a thank you to the City of Port Colborne and all the local businesses

who donated. To anyone we forgot, thank you from the bottom of our hearts.

All monies raised go to the Nicholas Dobrin Memorial Scholarship Fund to keep Nick's memory alive.

Any further donations may be made to the Nicholas Dobrin Memorial Scholarship Fund at the Meridian Credit Union, account No. 3700333.

The Dobrin and Anderson families

## ■ localbrief

### MAYOR TO SPEAK ABOUT URGENT CARE CENTRE EXPERIENCE

Port Colborne's efforts to chart its own health care future has garnered the interest of the Ontario Hospital Association.

Mayor Vance Badway has been invited to address the OHA's Urgent Matters: Urgent Centres In Ontario conference scheduled for Oct. 16 at the Renaissance Hotels and Resorts in Toronto.

"In particular, they have asked that I speak about the problems with the concept of urgent care centres," Badway said in his remarks to city council Monday night.

"I believe that a message that must be respected by those looking after hospital services throughout the province is how the providers of the services feel about the changes that are being made. Our community's medical professionals and those from throughout the province must be heard."

Badway said the Ontario Medical Association recently called upon the provincial government to place a moratorium on major health-care restructuring decisions until the Rural and Northern Health Care Panel reports its finding and makes recommendations. "We have heard loud and clear from our community's medical professionals," Badway said. "It will be my pleasure to contribute to passing on the word."

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Acai also contains an almost perfect amino acid profile, including phenylalanine, proline, and glycine. Phenylalanine is crucial for brain and behavioural health and serves as a precursor to numerous neurotransmitters in the human body. Proline is one of the main components of collagen, the connective tissue structure that binds and supports other tissues. Glycine is utilized for urea detoxification and is essential for the biosynthesis of nucleic acids and bile acids.

#### IMMUNE BOOSTER

Acai is very similar to olive oil in fatty acid content. The berry contains 69 percent oleic acid, and omega-3 monounsaturated essential fatty acids, and 12 percent linoleic acid, an omega-6 polyunsaturated essential fatty acid. Essential fatty acids are crucial for human life and are responsible for hundreds of physiological processes in the human body including reproduction, fertility, immunity, and communication between cells.

Plant sterols found in the acai berry also enhance immune response by increasing T-cell division, enhancing secretion of lymphocytes involved in cellular immunity, and boosting the activity of cytokines (cells key to fighting pathogens).

Last but not least, this amazing berry contains a full array of natural vitamins, minerals, trace minerals, and significant amounts of dietary fibre. Most noteworthy acai contains B-vitamins B-2, B-3, C, and E, as well as potassium, calcium, iron, magnesium, and phosphorus.

To ensure you gain all these amazing benefits from acai, be sure to choose a 100 percent pure acai juice, which should contain at least 30,000 mg of pure acai per 1 ounce serving.

Lindsey Duncan, ND, CN, is the founder and CEO of Genesis Today, Inc. He has extensively studied the therapeutic benefits of exotic superfoods.

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Detailed specifications and submission requirements forming the "Request for Proposal" package are available on the City's web site ([www.portcolborne.ca](http://www.portcolborne.ca)) under "Latest News" or can be picked up at the Department of Planning & Development, 2nd Floor City Hall, 66 Charlotte Street, Port Colborne. The City will be accepting proposals until 4:00 p.m., September 11, 2009.

All questions can be directed to Dan Aquilina, Director of Planning & Development Services at 905-835-2901 ext. 203, or [danaquilina@portcolborne.ca](mailto:danaquilina@portcolborne.ca).

## ■ SCHOLARSHIPS: Hospital foundation presents graduation gifts



Submitted Photos

Two university-bound students each received a \$500 scholarship from the Port Colborne Hospital Foundation. In photo at left, foundation secretary Nancy Horpenuk, left, presents the scholarship prize to Bryanne Pinelli, who will be attending McMaster University in Hamilton. In photo at right, foundation board member Marge McAvoy, left, congratulates Catharine Daniel, who will begin her pre-med studies at Brock University next month.

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## ■ FUNDRAISING: Kiwanis help out

The Port Cares Reach Out Centre received a \$2,000 boost from the Welland Kiwanis Club to help support the centre's summer expenses and to help launch programs for children such as crafts. Michaela Noel, front left and Lori Walker have made crafts at the centre, so has Lily Noel in back left. They are pictured with Reach Out Centre manager Mary Anne Feagan, centre in back row and Kiwanis Club member Julie Morrison. The service club raised the funds through Cogevo TV bingo card sales in Port Colborne.

KAESHA FORAND Staff Photo



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KAESHA FORAND Staff Photo

Frank Bassett hopes 30,000 Niagara residents will be a link to a human chain spanning from Lake Ontario in St. Catharines to Lake Erie in Port Colborne for Hands Across Niagara, a fundraising event where each participant donates \$10. All funds raised will help cancer victims and their families in Niagara and every person that participates will be entered in a draw for a smart car.

■ COMMUNITY AWARENESS: 30,000 allies sought in battle against cancer

## Helping hands unite

KAESHA FORAND  
InPort News Staff

PORT COLBORNE — People typically hold a loved one's hand to comfort them or to show our love for them.

On Saturday Sept. 12, Frank Bassett hopes 30,000 Niagara residents hold each other's hands to form a human chain from lake to lake to show support for those who have been affected by cancer.

Hands Across Niagara will take place at noon on Sept. 12 and will form a colourful human chain from E.H. Kroll Lakeview Park in Port Colborne, following the Welland Canal through Welland, making a detour to Niagara Falls, back to Thorold, St. Catharines to Lake Ontario.

Odd are that cancer has affected every Niagara resident in one way or another, and it has taken its toll on Bassett's family. In 1977, cancer took the life of his 16-year-old daughter. It also claimed the life of

other family and friends.

Instead of dwelling on the cards he was dealt in life, he decided to take action. For years he canvassed neighbourhoods collecting money for the Canadian Cancer Society.

"I had a couple bouts of not raising a lot of money so my wife said, 'do something else'."

While canvassing, those who donated would ask him where the funds went. Some of the funds went towards administration, research and other avenues. However, much needed funds didn't go towards the people who were afflicted with cancer and their families or volunteer drivers who hire cancer patients to their appointments, he said.

With the funds raised, Bassett would like to set up a committee to help Niagara residents with financial assistance for anything from prescriptions to gas money.

"The money will stay in the region to help people with this damn disease."

Participants don't have to collect money, there are no pledge sheets, only a \$10 fee to participate. They can also be in a wheelchair, on a bicycle, motorcycle or stand with a group, sport team or school.

"I have to stress this is for everyone. If you can't run, walk or cycle just to your spot." Bassett will hold hands at Lock 3, and those who participate must visit [www.handsacrossniagara.com](http://www.handsacrossniagara.com) to register and to choose their spot along the canal path.

It will take about 30,000 people to turn the chain, so he figures if 3,000 residents from each of Niagara's 12 municipalities participate, his dream will become a reality.

The chain will be formed for about 15 to 20 minutes to allow a helicopter time to document the event. And at the end of the day, one participant will win a black and white smart car.

"It will be a yearly event. This is for everyone. All they have to do is get there."

## Recipe of the week

Aug 28<sup>th</sup>  
to Sept 3<sup>rd</sup>

### Our Port Country Pantry's

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Prepare pastry, or use store bought, to fit a 9" pie plate (double crust).

#### INGREDIENTS

1. ¼ to 1 cup Granulated Sugar
- 1 ½ Tsp. Quick cooking Minute Tapioca
- ¼ Tsp. Sea Salt
- 1 Tsp. Ground Cinnamon
2. 5 cups peeled fresh peach slices
- 1 Tsp. lemon juice
3. 2 Tsp. butter

1. Combine ingredients in large bowl.

2. Add peaches and lemon juice to the bowl. Toss to coat peaches with sugar mixture. Preheat oven to 375 Degrees F. Cut dough into 2 equal portions. On a lightly floured surface, roll out 1 portion to an 11" circle. Fit into pie plate.

3. Spoon peach mixture into unbaked pie shell. Dot with butter. Make a lattice top or rolled top crust; flute edge. Cover edge with foil.

Bake 25 minutes. Remove foil. Bake 20-25 minutes longer until crust is golden brown, peaches are tender and juices are bubbling.

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## OVERSEAS OUTREACH: Program helps Iraqi children



KAESHA FORAND Staff Photo

Port Colborne Ten Thousand Villages volunteer Linda Romano displays the cloth drawing bags that will soon be filled with school supplies and sent off to needy children in Iraq.

## Help is in the bag for needy children

KAESHA FORAND  
InPort News Staff

PORT COLBORNE — For hundreds of thousands of children preparing to go back to school, it typically involves shopping for supplies, new clothes, maybe some new shoes and accessories.

However, for millions of poor children in war-torn countries, back to school shopping isn't an option. They may not even have such essential school supplies as pencils and paper.

In to help comes Ten Thousand Villages and the Mennonite Central Committee. For less than \$10, people can provide a child in Iraq, Ukraine, El Salvador, Afghanistan, Liberia, Haiti and Burundi a school kit.

Each kit consists of four spiral or three-hole punched notebooks with 140 to 160 pages, four unsharpened pencils, one flat 12 inch ruler, 12 coloured pencils and an eraser.

This year thousands of kits will be headed to Iraq, where families are unable to afford basic school supplies due to years of sanctions and war.

"These people are the

poorest of the poor and we're trying to bring a bit of normalcy back to their lives. It brings both knowledge and hope for the future," Port Colborne Ten Thousand Villages assistant manager Tracy Tarran said.

"It will make a huge difference in a child's life." Hundreds of colourful cloth drawing bags have already been made and are waiting to be filled. In 2007, Port Colborne Ten Thousand Villages sent 350 bags overseas, and this year Tarran hopes to surpass that number.

The numbers were lower last year and families who do back-to-school shopping this year can help increase those numbers.

"Imagine being on the other end and receiving this. They have no chance of getting these things and it makes a huge difference in their lives," Tarran said.

Bags can be picked up to be filled. People can also donate cash to purchase items from the list of supplies.

The store, located at 7 Clarence St., will accept items until the beginning of October to ensure schools also have time to collect extra supplies to donate.



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FRIDAY, AUGUST 28, 2009 ■ INPORT NEWS



SUBMITTED PHOTOS

During Canal Days, 62 young hopefuls belted out their best tunes during Canal Days Idol. The event was hosted by Uber-youth and held at the Guild Hall. Kayla McGowan, right, captured the mini Idol crown with Avery Turner, centre, placing second and Carley Thurston earned the third spot.



Natalie Wurro, left, captured the Junior Idol, followed by Tori Menard, front and Julie Murray.



Sarah Boulton was named teen idol, followed by Shawntika Peacock and Chelsea Crites.



BJ Sziget was named senior idol, while Vanessa Evers placed second and Lisa Topolinsky placed third.

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# NASCAR NIGHT RAINED OUT

**PORT COLBORNE** — A highlight of the 50th anniversary of auto racing in south Niagara has been postponed until Sunday, Sept. 13 — weather permitting. That's when a four-member Stars of NASCAR contingent headlined by Rusty Wal-

lace will mingle with fans and compete against local racers at New Humberstone Speedway. The now-retired Wallace, a racing commentator on ESPN, Dave Blaney, Kenny Wallace and Jimmy Skinner had been scheduled to visit the speedway last Sunday, but rain forced a three-week postponement.

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## along the lakeshore

### Aug. 29

The Stevensville Pathfinders are holding a garage sale to raise funds to attend an international camp in 2010 from 8 a.m. to noon in the St. Joseph's Hall parking lot on the corner of Netherby and Sodom Rds. There will also be a bake table with coffee and tea available. Rain or shine.

### Sept. 3

The Winger-Wainfleet Women's Institute will meet in the Friendship Room at the Wainfleet Arena at 1:30 p.m. Program: History of Wainfleet Fall Fair. Call Elizabeth at 899-4872 for more information.

### Sept. 10

Girl Guide is taking place at the Ridgeway and Crestal Bldg. People's Memorial United Support Group on Dominion Rd. and at St. John's Lutheran Church on Netherby Rd. from 6:30 to 7:30 p.m. Guides are for youths aged five to 17 and over. The fee is \$125.

### Sept. 12

The Operation Mobilization Uruguay International Missions golf tournament fund-raiser will be held at Long Beach Country Club. For \$55 receive nine miles of golf, a steak dinner and lots of prizes. Teeoff is at 1 p.m. and funds raised will help support local missionaries. For tickets call Don at 905-774-8646 or Rick at 905-899-2805.

### Oct. 30

Meals on Wheels Port Colborne will host a spookacular murder mystery dinner (tastefully executed) in support of the United Way. Tickets are \$40 for the dinner to be held at the Crofton National Home on Broadway Ave. in Welland. Call 905-835-1581 for tickets.

### Ongoing

Adult Children of Alcoholics is an anonymous 12-step program and support group for persons who grew up with alcohol or dysfunction. Meetings Fridays, 10 a.m. to 11 a.m. at Central United Church, 30 Delhi St. Newsweekers welcome.

Find work fast! Join The Job Finding Club at Port Carers. Next Session starts Sept. 14. Limited space. No cost to attend, register today. Call 905-834-3629 for information.

Teen Zone. Mondays and Wednesdays from 6 to 8 p.m. at the Community Living Center, 100 McRae Ave. for youths 12 to 16 years. Come and hang out, play pool, games and meet friends at no cost.



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## What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrient intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

## What can I do to prevent any of this happening to me?

Considering the vast implications of a low nutrient diet, it is worth acknowledging that nutritional balance and good health can be significantly improved and restored with the use of a well made denture, and a vitamin supplement regime planned by your doctor. A well made denture, will allow you to introduce back into your diet all the nutritionally laden foods such as fresh fruits and vegetables, proteins and nuts that were avoided when chewing with an ill-fitting, poorly designed denture. Individuals with implant supported dentures, greatly improve their food choices by including more hard to chew foods that are rich in nutrients, therefore greatly improving their health status.

To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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■ **PUBLIC SAFETY:** Port firefighters responding to more medical calls

# ER conversion affecting fire and emergency services: fire chief

**KAESHA FORAND**  
InPort News Staff

PORT COLBORNE — With the conversion of Port Colborne Hospital's emergency room into an urgent care centre, fire Chief Tom Cartwright foresees the changes will have an impact on the fire department.

When 911 is called and ambulances respond, so does fire and emergency services. In situations when a patient is deteriorating or requires CPR, a firefighter or medic will join paramedics inside an ambulance to provide assistance

en route to Welland or Niagara Falls emergency rooms.

"The first statistics for July appears as though we're getting more medical calls."

In particular, Port Colborne firefighters are responding to double calls, where firefighters are at one call when a second or third call comes in, requiring more staff and volunteers.

"So it is impacting us to a certain degree," said Cartwright, who intends to compile a report and present it to city council in September.

Of the important items to con-

sider are additional mileage being put on \$360,000 fire trucks and the possible reduction in the truck's life expectancies. He also said if calls continue to increase, the firefighter and volunteer system may have to be changed.

In July 2008, the fire department responded to 32 calls; last month, it responded to 39.

Last August there were 35 calls

and there have been 30 to date so far this month. On five of those calls, volunteers had to attend medical calls because a squad truck was tied up.

"I'm concerned it will continue to spiral as people learn to use the system," Cartwright said. "Eventually if our calls continue to escalate, local politicians will have to address this."

Last weekend, two fire firefighters had to accompany an ambulance to Welland because CPR was required. That's a large number considering during shifts, two firefighters and one captain are on duty.

"They had to go to Welland then the fire department had to pick them up and bring them back to the station."

677/3559

*Port Colborne*

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677/3557



# sports

■ **HIGH SCHOOL HOCKEY:** Port teen hopes to use scholarship to Vermont prep school as stepping stone to career at university level

## Student heading to hockey hotbed

BERND FRANKE  
InPort News Staff

**PORT COLBORNE** — The first scholarship player signed by newly established Rice Memorial Academy hopes to continue making history at the prep school in Vermont.

Doug Steers would like to be among the first graduates of the Knights hockey program to go on to compete at the university level — preferably at Vermont, almost a fixture in the Frozen Four. Expanding the 17-year-old's resume to include a career in the professional ranks would also do much to enhance the reputation of the small Catholic high school in South Burlington as a hotbed for the sport.

There's more than hockey on the horizon for the youngest son of Doug and Susie Steers of Port Colborne, who eventually would like to make law enforcement his life's work.

However, hockey is his life love for now and the right wing is the best his future cop is determined to pound for the foreseeable future.

"Right now, the future is all about hockey. This is what I've been working toward," he said before leaving for central Vermont where practice began on Monday and classes on Wednesday.

Steers, who last season played

**“Right now, the future is all about hockey. This is what I've been working toward.”**

Port Colborne's Doug Steers, 17

AAA at minor midget in Welland and at the high school level with the Lakeshore Catholic Gators, wasn't picked in the OHL Draft though he was ranked among the more promising forwards in his class. His parents suggest this was due to teams believing that their son was more interested in taking the university route to the pros.

Foregoing the chance to sharpen his skills alongside some of the top junior-age players in Canada shouldn't stunt Steers' development any as a fast-skating playmaker who has averaged twice as many assists than goals. While it has yet to hit the ice since becoming a full-fledged boarding school, Rice Memorial already has 72 games — and countless practices — on its schedule for the upcoming 2009-10 season.

Included in this lineup are 15 showcases and tournaments as far as Iowa and, for a proud hockey mom and dad, as close to home as Toronto.

"We're definitely going to be at that one, count us in," said his



BERND FRANKE Staff Photo

Never mind what the mercury says, hockey weather is right around the corner for 17-year-old Doug Steers. Last Monday, the Port Colborne native began practising at his new high school, Rice Memorial Academy in South Burlington, Vt.

father Doug, a Port Colborne firefighter.

The younger Steers first caught the attention of prep school recruiters at a showcase in Montreal during the spring. Arranged by a family adviser Jerry McKee-

own from the Hockey Group, the audition was his second in as many years, but in hindsight he was "much too young" the first time out.

"You're not going to see OHL scouts there, but you will see a lot

of university recruiters," Susie Steers said.

Rice Memorial's scholarship covers as many as two years — Grade 12 and a post-graduate season — and the Steers aren't the least bit concerned that their son's mark will slip from the high 70s.

They have good reason not to worry: his billet family is the school's dean and his wife, a member of the faculty.

When reminded of this by his parents, Steers agreed with a grin that, yes, he expects the dimmerable conversation in his new home will centre on grades as much as goals.

"Marks are important if you want to play in university," added Steers, who hopes to bring his average to more than 80% in his final year in high school to increase his chances of getting a scholarship to take his game to the next level.

As a finishing school for hockey, Rice Memorial is a good place to start. Head coach Daman DiGiuliano spent nine seasons as an assistant coach at the University of Vermont, which is just "down the road" from the academy's campus, and he played professionally with the ECHL's Louisville Jackals and the Tulsa Oilers of the Central Hockey League.

see **SCHOLARSHIP** | Page 15



*Celebrating*  
**80TH YEAR**  
ANNIVERSARY

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## ■ SCHOLARSHIP

## Ex-Gator expects to miss Lakeshore

FROM PAGE 14

D'Giulian has coached and recruited seven players selected in the NHL Entry Draft, including Torrey Mitchell, Jaime Sifers and Patrick Sharp, among the leading scorers on the Chicago Blackhawks last season.

"The level of play is comparable to junior B," Steers said of the calibre of play the Rice Knights will face in their first season as a prep school.

What he expects to "miss most" as he moves away from

home will be his parents, who over the years became fixtures at nearly every game and practice since he first began playing hockey at age four, and the chance to graduate with his Lakeshore schoolmates.

"I know I'm going to miss my friends, there's no doubt about that. Whenever I see a hole, I tend to pass it to a teammate but sometimes (it) comes before the puck can get there," said Steers, who over his many seasons on the ice has become his own worst critic.

Steers expects feeling of homesickness will be eased considerably by the hockey

knowledge he now he will gain under D'Giulian's tutelage. He is already looking forward to improving his game, especially when it comes to making split-second decisions in front of the net.

"I do a lot of playmaking, but I think I need to shoot more. Whenever I see a hole, I tend to pass it to a teammate but sometimes (it) comes before the puck can get there," said Steers, who over his many seasons on the ice has become his own worst critic.



# CITY OF PORT COLBORNE NOTICE OF PUBLIC MEETING OF

## THE COMMITTEE TO REVIEW ELECTORAL MATTERS TO ALTER THE BOUNDARIES OF WARD 2 AND WARD 4

TAKE NOTICE that on Tuesday September 8, 2009 the Committee to Review Electoral Matters will hold a public meeting to present and obtain input on the proposal to alter the boundaries of Ward 2 and Ward 4 of the municipality.

The Committee proposes:

- 1) To move ninety nine (99) properties currently in Ward 4 to Ward 2. Properties affected by the proposed changes are properties currently in Ward 4 located in the Chippawa Road area, west of Highway 140 and south to and including both sides of Main Street East (Highway 3).
- 2) To move fourteen (14) properties currently in Ward 2 to Ward 4. Properties affected by the proposed changes are properties currently in Ward 2 located on the north side of Killaly Street East to the east of Elizabeth Street and on the east side of Reuter Road south of Killaly Street east.

Written notification will be mailed to all property owners affected by the proposed changes.

The change in ward boundaries is for electoral purposes for the office of Councillor only and does not impact property taxation. **There are NO changes proposed to Ward 1 and Ward 3 boundaries.**

The meeting is to be held:

Tuesday September 8, 2009  
6:30 p.m.  
City Hall, Council Chambers  
66 Charlotte Street,  
Port Colborne ON L3K 3C8  
905-835-2900

Copies of the ward boundary map are being made available as of Friday, August 28, 2009 from the City Clerk at the above location.

Interested persons may express their comments at the Public Meeting or in writing addressed to the City Clerk at the above address no later than Tuesday, September 8, 2009.

Janet Beckett  
City Clerk

# SPOTLIGHT on service

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• A&B Programs

- Ballet
- Jazz
- Hip Hop
- Modern/Contemporary
- International
- Lyrical
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• A&B Programs

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■ **PEOPLE, PLACES:** Former Tribune managing editor finds time from teaching career to get back into the weekly grind

# Newest columnist is an old familiar friend

It's been almost two years to the day since I last wrote my column for publication in *The Tribune* or any of its related publications, including *InPort News*.

I wrote a regular weekly column on Fridays when I was managing editor of *The Trib* and it was in August, 2007 when I wrote my farewell column. I remember doing it through tear-filled eyes.

About four months before that, I had made the decision to leave the paper in order to join the Journalism faculty at Niagara College. So, 16 weeks later, as I wrote my final column, I wondered if I had done the right thing.

It wasn't so much a matter of second-guessing a decision that had not been made lightly. It was more about wading into a future filled with the unknown, at the age of 51, and of leaving behind people who had become family over more than 20 years of working together in the common cause of putting out a daily paper.

My dear friend, Angus Scott, the *Trib's* managing editor, called recently and asked if I would be interested in writing a weekly



George Duma

column for *InPort*. I jumped at the chance.

I haven't looked back since the day I left the paper and embraced my new career choice. Niagara College is one of the most amazing places in which one could ever hope to work.

It's filled with wonderful people in all places, from president Dan Patterson through the senior management team of Steve Hudson, Sean Kennedy and Theresa Quinlan down through all the support staff, faculty, deans, library staff, book store staff, human resources staff, the facilities management team which keeps the place running and the Sunshine folks who keep the place clean.

I haven't met a single person in two years that I haven't liked. Seriously.

The atmosphere is just so positive through all campuses and that feeling clearly spreads to the students. It's no surprise to me whatsoever that Niagara College is No. 1 in student satisfaction in all community colleges across the province for five years running. It's a place where spending time brings such wonderful feelings of fulfillment.

One of the things I've preached to my students since the very first day is to find that thing they love to do and turn it into a way to make a living; in our case, journalism. Once they have that, I tell them, they will never have to work a day in their lives.

I've been truly blessed through the years. I had that in my journalism career. I could never wait to get to the paper in the morning and start that daily journey. No two days were ever exactly alike and it was always an adventure. I was actually getting paid to spend time with my hobby.

I'm thrilled to be that feeling carry over to the college. I can't wait to get there every day and let the day unfold.

Even after two years, I still get car butterflies as I walk down the hall toward the classroom to teach my next lesson. I don't think that feeling will ever go away. At least I hope not because it's exhilarating.

Also, it's so wonderful to be part of the *Niagara News* team, our college paper. It's completely student-driven with, of course, faculty supervision, and it's just such a joy for all of us to watch the skill-set of our students unfold before our eyes.

As faculty, we don't say anything in the *Niagara News* but we read everything before it goes into print. I'm so proud of our students' efforts and their tenacity and hard, creative work, we have received national recognition the past two years for our paper.

It's a great feeling to see students' efforts rewarded and it also speaks highly of my journalism colleagues Phyllis Barnatt, Peter Cusardi, program co-ordinator Paul Dwyer, Stephen Dwyer, Gary Erb, Nancy Geddie, Dave Hanuschuk and Joanne Moreau. I'm so happy to be back as part of *The Tribune* family, even if in a

small way. I've really missed all the people I worked with and have tried to stay as connected as time would allow.

In coming weeks, I'm going to focus on the people and places of South Niagara, particularly Port Colborne, Wainfleet and even down toward Ridgeway and other parts of Port Erie.

I always welcome any and all ideas from you folks about potential forum column topics so please feel free to e-mail me your thoughts. I promise to act on all of them as time simply wouldn't permit that but I will certainly try to use as many as possible.

That's it for this week, dear readers. It feels so good to be back on the pages of a newspaper. It really does get into your blood. I'll talk to you next week.

*George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College. He can be reached at: gduma@cogeco.ca.*

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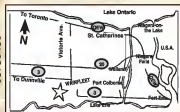
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